

YouGov Survey Results

Sample Size: 1922 GB Adults
Fieldwork: 31st January - 1st February 2011

	Gender		Age				Social grade		Region					
	Total	Male	Female	18-24	25-39	40-59	60+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland
Weighted Sample	1922	937	985	231	490	663	537	1077	812	247	626	410	472	166
Unweighted Sample	1922	932	990	97	450	801	574	1292	597	324	597	347	455	198
	%	%	%	%	%	%	%	%	%	%	%	%	%	%

On average, how many hours sleep do you have a day?

4 hours or fewer	2	2	2	2	2	2	2	1	3	5	2	1	2	1
5 hours	7	7	6	1	7	7	8	7	6	8	5	7	8	3
6 hours	23	25	22	6	23	27	27	25	22	22	25	23	23	23
7 hours	37	38	36	40	37	39	33	41	32	36	36	38	38	36
8 hours	24	22	25	34	25	19	25	20	28	22	24	22	23	30
9 hours	4	3	5	9	3	3	4	4	4	4	5	5	3	5
10 hours	1	1	1	4	0	1	1	0	1	0	2	0	1	0
11 hours	0	0	0	1	0	0	0	0	0	0	0	1	0	0
12 hours or more	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Not sure	2	1	2	4	3	1	2	1	3	3	1	3	1	1
AVERAGE	6.92	6.86	6.98	7.56	6.88	6.81	6.87	6.86	6.96	6.76	6.99	6.96	6.87	7.08

Do you feel you have less sleep than you need, about the right amount, or more than you need?

Less sleep than I need	51	48	54	58	65	53	33	53	48	55	49	51	51	51
More sleep than I need	3	4	2	3	2	3	4	3	4	2	3	2	4	6
About the right amount	45	48	42	37	32	44	61	43	46	40	47	46	43	43
Don't know	1	1	2	2	1	1	2	1	2	2	2	1	2	0